



Senior NEWS



301-258-6380

September 2007

The Gaithersburg Upcounty Senior Newsletter

The Senior Center is open Monday - Friday 9 a.m. - 4 p.m.

National Museum of Civil War Medicine and Lunch at John Hagan's Tavern Walkersville Railroad Scenic Ride

Date: Thursday, Sept. 20

Depart: 9:45 a.m. **Return:** 6:p.m.

Fee: \$45 (includes bus transportation, docent tour, lunch, beverage, dessert, tip, railroad ticket)

Deadline: Tuesday, Sept. 18
(cancelled if minimum not met)

We'll have a docent-led tour of the medical museum in the morning. We'll eat in a historic tavern (lunch choices are on the program sheet). At 3 p.m. we'll ride in a vintage 1920's passenger train out into picturesque Maryland farm country. There will be a mystery historic visitor. Lots of walking.

Minimum: 20

Maximum: 33



Fiesta!

In Celebration of
Hispanic Heritage Month
Tuesday, Sept. 25

Noon – 2 p.m.

We begin with a fajita feast through the Nutrition Program (sign up by 2 p.m. 9/24). After lunch the dance company "De Colores" will perform traditional dances for us.

Kalorama House and Embassy Tour

Washington, DC

Date: Sunday, Sept. 16

Depart: 10 a.m. **Return:** 6 p.m.

Fee: \$55 (includes transportation, pre-tour lecture and brunch)

Deadline: Friday, Aug. 10 (open to nonmembers after this date)

The lecture and brunch are held in the elegantly furnished arts and crafts mansion, home of the Women's National Democratic Club. On this tour you will visit private homes, sites of diplomatic entertaining and explore the many cultures represented by ambassadors who reside in the Kalorama neighborhood. Attendees will receive a tour program with a self-guided map detailing the architecture and history of each stop. Tour will be held rain or shine. Each house is staffed with docents to answer questions. **Lots of walking!**

Minimum: 20 **Maximum:** 33



Mark Your Calendar

OCT. 1

"Putting on the Ritz" at
LaFontaine Bleu

OCT. 8

Trip to Baltimore Aquarium

OCT. 17

Flu Shot Clinic

OCT. 25

Harvest Ball with Rockville
Senior Center

NOV. 1

"Dreamgirls" at Tobys

NOV. 9

Veteran's Luncheon

NOV. 12

Center closed for
Veteran's Day

DIRECTOR'S UPDATE

Dear Members,

❖ Staying healthy is important to everyone, especially seniors. We are living longer, and the hope is that those added years are rewarding ones.



Our diet plays a very big role in the quality of our lives. The opportunity to eat a balanced and flavorful meal with friends is an important part of the day for many seniors at our Center. Some members do not live with extended families whom they can enjoy this experience, and lunch is their best or only meal of the day.

This valued privilege is owed to the Montgomery County Nutrition Program. For a donation of \$4.50, or what one can afford, seniors over the age of 60 can participate. Many seniors at our Center can afford the donation, but some cannot. It is because of the generosity of all, the program is able to continue and the Center can meet the need. *Donations are on the honor system, please give what you can.*

❖ Signs have been hung on the Alice Schultz Room doors regarding the maximum number of participants in the morning classes. These numbers have been determined based on the nature of the class. We are fortunate that there are high quality classes from 9 a.m.- noon on Mondays and Wednesdays, from 8:15 a.m.- noon on Tuesdays and Thursdays, and 9 a.m. to 11 a.m. on Fridays. Please be on time for class so that you are able to benefit by the warm up. If for some reason your schedule causes you to miss the 10 minute warm up, please attend the following class.

❖ There is a new tax credit available for Montgomery County homeowners who are at least 70 years of age and on a limited income starting this month. For more information, please call 1-800-944-7403 or go online to www.dat.state.md.us/sdatweb/htc.html.

Grace

MISSION STATEMENT

The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS! Program.

We are pleased to again offer classes through the

Montgomery College Lifelong Learning Institute

TAI CHI I

M, W & F, 10-11 a.m.,
Sept. 17 - Dec. 21 (40 sessions)

TAI CHI II

M, W & F, 11-noon,
Sept. 17 - Dec. 21 (40 sessions)

All above:

No classes on Oct. 19 & 22 and Nov. 12, 23
Activity Center at Bohrer Park

BASICS OF LANDSCAPE PHOTOGRAPHY

Tuesdays & Thursdays, Sept. 11 - Oct. 9

Tuesdays 2 - 4 p.m.,
Sept. 11, 18, 25 and Oct. 2 & 9

Thursday field trips 8-10 a.m.,

Sept. 13, 20, 27

Gaithersburg Business Training Center
(across from City Hall)

WAR AND THE MEDIA

Saturdays, Sept. 15-Nov. 3 (8 sessions)
10-11:30 a.m.

Activity Center at Bohrer Park

WATERCOLOR I

Tuesdays, Sept. 18 -Nov. 6 (8 sessions)
9:30 -11:30 a.m.

Youth Center at Robertson Park

DEVELOPING YOUR WATERCOLOR STYLE

Wednesdays, Sept. 19 - Nov. 7 (8 sessions)
2 - 4 pm

Gaithersburg Upcounty Senior Center

**Registration forms and fee information are
available at the Senior Center front desk.
Please call 301-258-6380.**

The Senior News is Online!

You can now read the
Senior News online.
Visit the City site:
www.gaithersburgmd.gov

WELLNESS PROGRAMS

Adventist Healthcare Community Screening Program

Wednesday, Oct. 3
10 – 11:30 a.m.

Advance registration is required for the following screenings. Please call 1-800-542-5096 to register. Walk-ins will be accommodated if time permits.

- ◆ **Vertical Auto Profile** test. The new standard of care for cholesterol risk assessment. No fasting required. \$57
- ◆ **Lipid Profile** for total cholesterol. 12 hours of fasting recommended. \$27
- ◆ **Homocysteine** test for heart disease and stroke. \$95
- ◆ **HsCRP** for diabetes. \$40
- ◆ **Glucose** test for diabetes. 12 hours of fasting recommended. \$5
- ◆ **Prostate Specific Antigen** \$40

Flu Shot Clinic

Wed., Oct. 17
12:30 – 2:30 p.m.

Flu shots will be administered to the community by RNs from Adventist Health Care for people 18 and older who do not have underlying health problems and/or who are at high risk for complications.

- ◆ Flu shots should NOT be given to those who:
 - ◆ Have a fever or acute respiratory infection
 - ◆ Have allergy to eggs
 - ◆ Have Guillian Barre Syndrome
- The shots are **free to Medicare Part B card holders** or there is a \$25 fee payable with cash or check. No insurance or HMOs will be accepted.

Blood Pressure Check

Get your blood pressure checked by a nurse from Shady Grove Hospital.

Date: Wed., September 26

Time: 10:30 a.m. – noon

The Nurse Is In!

Fridays
9 a.m. - 3 p.m.



Sign up that day at the front desk for HeartWell patients. Blood Pressure screening from 1-2 p.m. only.

You can meet with the nurse.

SEPTEMBER '07 Activities with Gaithersburg Chapter #5358 of AARP

Tuesday, Sept. 11, 2007 Monthly Meeting

Because of renovations at the Center, our meeting will be at the Casey Barns Community Center, 810 S. Fredrick Ave. in Gaithersburg.

4 p.m. Senior Match Game -a team game like Family Feud with prizes - \$2.

5:30 p.m. Pot Luck Supper- bring a dish to share or pay \$6.

6:10 p.m. Participate in our brief business meeting.

6:40 p.m. Program (FREE): R. Harbour Partesotti, Staff Attorney for Legal Aid Bureau, Inc. in Metropolitan Maryland Office, will speak on "Scams Directed Against Seniors and ID Theft".

Registration for program and dinner/ game payment is required by 2 p.m. on Mon., Sept. 10.

You are welcome to register a friend or family member for any activity. We can help with rides to the meeting. Make arrangements ahead of time.

Pay by cash or check at the Senior Center or mail check (made payable to Gaithersburg Chapter #5358 of AARP) to 17605 Parkridge Drive, Gaithersburg, MD 20878.

For more information any mentioned activity contact Annette by phone 301-977-7936 or e-mail annettethompsonphd@yahoo.com

Thank You

Thanks to all who donated money for the purchase of school supplies for teachers and students. Information on other opportunities to volunteer with children will be at the Volunteer Open House on Sept. 5, 10 a.m. - noon; and at the Fall Orientation for Grandreaders on Wed., Sept 19 at 10:30 am (lunch provided). Both meetings will be held at Holiday Park Senior Center in Wheaton. We will carpool from our Center.

ACTIVITIES AND CLASSES AT THE CENTER

September Birthdays

- 1 Joanne Johansen
- 1 Anjali Patankar
- 1 Richard Kenly
- 3 Anne Hill-Fessenden
- 5 Judith White
- 5 Tom McCann
- 8 James Harris
- 8 Nawal Mourad
- 8 Patricia Linthicum
- 9 Sheila Harnik
- 10 David Yucra
- 11 Jeannie Pizzonia
- 12 Frances Anderson
- 12 Ruth Maris
- 12 Ana Ramos
- 12 William Dunning
- 13 Earl Lapin
- 14 Wynema Randolph
- 16 Jane Carr
- 16 Sophia Lalekos
- 16 Martin Swetnick
- 17 Marjorie Johnson
- 17 Binh Pham
- 18 Martina Pena
- 20 Martha Anderson
- 20 Ermine Rogers
- 21 Franzette Coakley
- 22 Mary Bowen
- 22 Sofia Grigarian
- 22 Leslie Slabaugh
- 23 Camille Brewster
- 25 Vrajnish Shah
- 25 Lilia Jacob
- 27 Suzanne Crock
- 27 Marie Mangasarian
- 27 Salome Oliva
- 28 Sonia Parenteau
- 28 Beverly Scafide

Celebrate September 24

Computer Classes



Free

TUESDAYS & FRIDAY

10 a.m. – noon (1 hour sessions)

Bruce Longyear offers personal attention for beginners or experienced individuals with questions.

Sign up at the front desk for these classes.

Gentle reminder: Please observe the lab rules concerning time limits, and food and drink restriction.



Singing Seniors

Meet to practice every Wednesday in September at 11 a.m.

Crafts for Children's Inn at NIH

**Tuesday, September 11
12:30 p.m.**

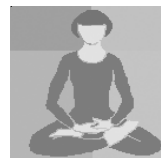
Make crafts for children undergoing medical treatment at NIH. You don't have to be artistic, just willing to follow Madeline Britnell's instructions.

Core & More

Free

**Mondays and Fridays
3 p.m.**

Strength, endurance and flexibility training geared toward the active older adult.



Yoga Adapted for Seniors

Dates: Tuesdays, Aug 28 – Nov. 13 (12 sessions)

Time: 11 a.m.

Fee: \$36

Yoga poses and sequences in this class will be done on mats, seated, and standing next to chairs. You will increase your range of motion, improve your posture, and gain better balance.

Minimum: 10 **Maximum:** 20

Intermediate Pottery

Dates: Wednesdays,

Aug. 15 - Oct. 3 (eight sessions)

Time: 10 a.m.

Fee: \$8

Hand-building is taught by Margo Borg for members who have experience working with clay.

Minimum: 6 **Maximum:** 8



Belly Dance and International Movement New

Dates: Fridays, Sept. 7 – Oct. 26 (eight sessions)

Time: 11 a.m.

Fee: \$20

Colleen Hood will bring music, scarves that jangle to tie on your hips, and a desire to share her love of this art form. You'll tone up as you move in new ways to lively music.

Minimum: 10 **Maximum:** 25



CLASSES

* **Late joiners are welcome!**

Ballroom Dance

Beginning - Intermediate

Dates: Tuesdays, Sept. 4 – 25
(four sessions)

Time: 3 p.m.

Fee: \$20

Dances include
foxtrot, tango,
swing, waltz, etc.

No partner necessary.

Maximum: 16



Beginning English *

Dates: Tuesdays - FREE

Time: 11 a.m.

Basic English instruction incorporating listening and pronunciation activities led by Lisa Bonvillain.

Conversational English *

Dates: Tuesdays - FREE

Time: 12:30 p.m.

Participants discuss a range of topics. All levels accepted. Help and support from instructor and peers.

Minimum: 10 **Maximum:** 20

Embroider with Jane

Mondays at 2 p.m.

Free help with your project.

Knitters & Cross-Stitchers

Tuesdays at 9 a.m.

Quilting Work Session

Fridays at 12:30 p.m.

Bring your own materials and equipment. Share experience and ideas.

Learn Mah Jongg

Dates: Fridays, Sept. 7 - 28

Learn to Play Pool

Wednesdays

10 a.m.

During this hour the pool tables are reserved for students.



"Ritmo Latino"

Thursdays at 11 a.m.

Move with Olympia Huff to Latin rhythms.

Beading Workshop

Date: Friday, Oct. 12

Time: 2 p.m.

Fee: \$5

Zorah Kanga will show you how to stitch together beads to make patterns and shapes. Materials provided.

Minimum: 3 **Maximum:** 6

Genealogy

Date: Monday, Sept 10

Time: 11 a.m.

Fee: \$8

Learn what items to include in a family history prepared by you. Feel free to join even if you missed earlier classes.

Minimum: 6 **Maximum:** 12

The following classes are sponsored by the
**J. B. & Maurice C. Shapiro Endowment for Women's Health
and Suburban Hospital HeartWell Program**

All classes taught by certified personal trainer: *Matt Rundell*

Weight Training

Dates: Wednesdays, Sept. 5 – Nov. 28 (no class on 10/17)
12 sessions

Time: 12:30 p.m. **Fee:** \$15

Build bones and become stronger using hand weights.

Minimum: 10 **Maximum:** 20

Flexible Strength

Dates: Wednesdays, Sept. 5 – Nov. 28 (no class on Oct. 17)
12 sessions

Time: 1:15 p.m. **Fee:** \$15

This class blends strength with flexibility, endurance, balance, coordination, and concentration.

Minimum: 10 **Maximum:** 20

Stability Ball

Location: Activity Center/Bohrer Park

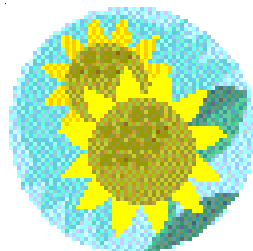
Dates: Thursdays, Sept. 6 – Nov. 29 (no class on Nov. 22) 12 sessions

Time: 10:30 a.m. **Fee:** \$12

Provide your own ball, or buy one from Matt. Learn how to use the ball to strengthen your core muscles. Free bus transportation will be available from the center leaving at 10 a.m. and returning by noon.

Minimum: 10 **Maximum:** 20

Please see
Denise Mornini if you
are interested in learning
Spanish or how to read
music. Potential classes
are forming.



The Gaithersburg Upcounty Senior Center



SEPTEMBER 2007

Gaithersburg
301-258-6380

www.gaithersburgmd.gov

Calendar of Events

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Fitness Levels for Exercise Classes

Do you wonder whether you should try some of the classes we offer? Now you can make a determination based on your own fitness level and preference of workout intensity by checking below.

M, W & F

9am Exercise= High Intensity

10am Exercise= All Abilities

M & W

11am Step 2 Music= Gentle

M & F

3 pm Core & More = High

Intensity

Tu & Th

8:30am Longevity Stick= High

Intensity

9am Energize= High Intensity

10 am Chair Exercise= Gentle

Tu

11 am Yoga = All Abilities

Th

11 am Ritmo Latino = All

Abilities

OFF SITE CLASSES

WATERCOLOR

Tues. 9:30 a.m. YOUTH CENTER

at ROBERTSON PARK

TAICHI

Tues./Thur. 11 a.m. ACBP

BASICS OF LANDSCAPE

PHOTOGRAPHY

Tues. 2 - 4 p.m. GAITHERS-

BURG BUSINESS TRAINING CENTER

Thurs. 8 - 10 a.m.

WAR AND THE MEDIA

Sat. 11 a.m. ACBP

LONGEVITY STICK

Tues./Thur. 8:30 a.m. ACBP

ENERGIZE

Tues./Thur. 9 a.m. ACBP

STABILITY BALL

Thur. 10:30 a.m. ACBP

ACBP= Activity Center at
Bohrer Park

2

Senior
Center
CLOSED
for
Labor Day

*Renaissance Festival
Trip*

4

9am Cross Stitch/Knit

9:30am Poker

10am Computer Help

10am Chair Exercise

11am Beg. English

11am Yoga

12:30pm Bridge

12:30pm Conversation Eng.

1pm Mah Jongg

3pm Ballroom

5

9am Exercise

10am Exercise

10am Int. Pottery

10am Learn Pool

11am Step 2 Music

11am Meditation

11am Singing Seniors

12:30pm Weight Training

1pm Crochet

1:15pm Flexible Strength

"Titanic" at Toby's

6

9:30am Poker

10am Chair Exercise

11am Ritmo Latino

12:30pm Bridge

12:45pm Hispanic

Book Club

7

9am Exercise

10am Exercise

10 am Computer Help

10:30am Watercolor

10:30am Learn Mah

Jongg

11am Belly Dancing

12:50pm Bingo

1pm Quilting

3pm Core and More

*Nurse is In
9 a.m. - 3:00 p.m.*

8

9**10**

9am Exercise
 10am Exercise
 10am Genealogy
 11am Step 2 Music
 11am Stroke Support
 12:30pm Mah Jongg
 12:30pm Internal Light
 12:50pm Bingo
 2pm Embroidery
 3pm Core and More
 3pm Pool Committee

11

9am Cross Stitch/Knit
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Bridge
 12:30pm Conversation Eng.
 1pm Mah Jongg
 3pm Ballroom

Beauty Trip

12

9am Exercise
 10am Exercise
 10am Int. Pottery
 10am Learn Pool
 11am Step 2 Music
 11am Singing Seniors
 11am Meditation
 12:30pm Weight Training
 1pm Crochet
 1:15pm Flexible Strength

13

*John Brown Band
performs*

9:30am Poker
 10am Chair Exercise
 11am Ritmo Latino
 12:30pm Bridge
 12:45pm Hispanic
 Book Club

Arts Barn
 FREE Preview-
 Gaithersburg Arts Barn

**14**

9am Exercise
 10am Exercise
 10 am Computer Help
 10:30am Watercolor
 10:30am Learn Mah
 Jongg
 11am Belly Dancing
 12:50pm Bingo
 1pm Quilting
 3pm Core and More

Asbury Health Fair

*Nurse is In
 9 a.m. - 3:00 p.m.*

15**16**

**Kalorama House and
 Embassy Tour**

17

9am Exercise
 10am Exercise
 11am Accupressure
 11am Step 2 Music
 11am Stroke Support
 12:30pm Mah Jongg
 12:50pm Bingo
 2pm Embroidery
 3pm Core and More

18

9am Cross Stitch/Knit
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Bridge
 12:30pm Conversation Eng.
 1pm Mah Jongg
 3pm Ballroom

19

9am Exercise
 10am Exercise
 10am Int. Pottery
 10am Learn Pool
 11am Step 2 Music
 11am Meditation
 11am Singing Seniors
 12:30pm Weight Training
 1pm Crochet
 1:15pm Flexible Strength
 2pm Watercolor Style

**Normandy Farms
 High Tea**

20

9:30am Poker
 10am Chair Exercise
 11am Ritmo Latino
 12:30pm Bridge
 12:45pm Hispanic
 Book Club

*Trip to Civil War
 Medicine Museum &
 Walkerville RR*

21

9am Exercise
 10am Exercise
 10 am Computer Help
 10:30am Watercolor
 10:30am Learn Mah
 Jongg
 11am Belly Dancing
 12:50pm Bingo
 3pm Core and More

*Nurse is In
 9 a.m. - 3:00 p.m.*

22**23****24**

9am Exercise
 10am Exercise
 11am Step 2 Music
 11am Stroke Support
 12:30pm Mah Jongg
 12:30pm Internal Light
 12:50pm Bingo
 2pm Embroidery
 3pm Core and More

*Birthday
 Celebration*

**25**

9am Cross Stitch/Knit
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Conversation Eng.
 12:30pm Bridge
 1pm Mah Jongg
 3pm Ballroom

**26**

9am Exercise
 10am Exercise
 10am Int. Pottery
 10am Learn Pool
 10:30am Blood Pressure
 11am Step 2 Music
 11am Meditation
 11am Singing Seniors
 12:30pm Weight Training
 1pm Crochet
 1:15pm Flexible Strength
 2pm Watercolor Style

27

9:30am Poker
 10am Chair Exercise
 11am Ritmo Latino
 12:30pm Bridge
 12:45pm Hispanic
 Book Club
 2pm Book Discussion

28

9am Exercise
 10am Exercise
 10 am Computer Help
 10:30am Watercolor
 10:30am Learn Mah
 Jongg
 11am Belly Dancing
 12:50pm "Telling Your
 Life Story"
 12:50pm Bingo
 1pm Quilting
 3pm Core and More

*Nurse is In
 9 a.m. - 3:00 p.m.*

ACTIVITIES AND TRIPS

Beauty Trip to Aesthetics Institute of Cosmetology

Date: Tuesday, Sept. 11

Depart: 10 a.m.

Return: Noon

Fee: \$4 (transportation only)

Deadline: Monday, Sept. 10

Free haircuts, blow-dries, and manicures are being offered. (No chemical treatments)

Minimum: 12 **Maximum:** 33

Pool Tournament

Tuesday, Oct. 16

10 a.m. until a Champion is Declared!

Bring \$5 cash and sign up on tournament day. Rules of play are posted on the wall. Winner's name will be posted on the Champion plaque.

Minimum: 10

(The Pool Committee will meet on Monday, Sept. 10 at 3 p.m.)

Asbury Methodist Village Health Fair

409 Rosborough Building

Friday, Sept. 14

10 a.m. – 2 p.m.

Free

A bus will take interested members who want to participate, or you can go on your own. Food, vendors, screenings, and health related lectures.

Please register on the program sheet.

Minimum: 15 **Maximum:** 33

“Puttin’ On The Ritz” at LaFontaine Bleu

Glen Burnie, MD

Date: Monday, Oct. 1

Depart: 10 a.m. **Return:** 4:30 p.m.

Fee: \$49 (includes transportation, lunch, show, and tip)

Deadline: Monday, Aug. 20

(Trip cancelled if minimum not met)

The music of George Gershwin, Cole Porter,



Irving Berlin, Duke Ellington, Henry Mancini, Burt Bacharach and

Andrew Lloyd Webber are featured in this tribute to the silver screen performed by Swing City 18-piece band along with glamorous singers and glittery dancers.

Minimum: 20

Maximum: 33

“Dreamgirls” at

Toby’s Dinner Theatre

Baltimore, MD

Date: Thursday, Nov. 1

Depart: 9 a.m. **Return:** 4 p.m.

Fee: \$44 (includes bus, show, buffet and tip)

Deadline: Tuesday, Oct 2 (trip cancelled if minimum not met)

This musical story, set in the 1960's is about the new beat of Motown music (like the Supremes, Shirelles and Temptations), of the dream of making it big in show business and all that comes with it, including the heartache, the breakups and the triumphs.

Minimum: 20

Maximum: 33



Meditation

Wednesdays

SEPTEMBER 5, 12, 19 & 26

11 a.m.

Donations Needed:

Yarn, embroidery thread and throw pillows in good condition



FREE PREVIEW



“A Funny Thing Happened on the Way to the Forum”

at Gaithersburg Arts Barn, 311 Kent Square Rd.

Thursday, Sept. 13

7:30 p.m.

See this musical comedy inspired by the farces of the ancient Roman playwright Plautus. Go on your own and invite family or friends.

ACTIVITIES AND TRIPS

Lunch Bunch

Normandie Farms Afternoon Tea

Date: Wednesday, Sept. 19

Depart: 1:30 p.m.

Return: 5 p.m.

Deadline: Monday, Sept. 17

Fee: \$28 (includes transportation, buffet, teas and tip)

This is a beautiful, relaxed, special-occasion setting. The buffet offers a plethora of scones, popovers, fruits, cheeses, smoked salmon canapés, tea sandwiches, miniature desserts, clotted cream, a chocolate fountain and more.

Minimum: 15 **Maximum:** 33

“Telling Your Life Story”

Friday, Sept. 28 at 12:50 p.m.

Whether or not you consider yourself “important enough” to have your life story told - the plain truth is that everyone should leave something behind about themselves. Dr. Laurence Peters will illustrate some formats to consider. Sign up on the program sheet.

Minimum: 10 **Maximum:** 25

Trip to the National Aquarium in Baltimore

Date: Monday, Oct. 8

Depart: 9 a.m.

Return: 5 p.m.

Fee: \$23 (includes transportation, admission to aquarium and dolphin show)

Deadline: Thursday, Oct. 4

Take advantage of an \$8 savings in ticket price. See “Animal Planet Australia: Wild Extremes”, “Frogs! A Chorus of Colors”, the Dolphin Show and much more. You can eat lunch at one of three cafes in the aquarium (pay individually). Meet at the drop off point at 3:30 p.m. to return home.

Lots of walking.

Minimum: 20 **Maximum:** 33



Celebrate Gaithersburg in Olde Towne

Sunday, Sept. 16

Noon – 5 p.m.

Taste of Gaithersburg, multiple stages with entertainment, World Market, family activities and more.

LECTURES

“Self-Acupressure to Relieve Your Pain and Lift Your Mood”

Monday, Sept. 17 at 11 a.m.

Acupuncturist Lisa Marie Price, L.Ac., Dipl.Ac. will show participants an easy way to relieve pain, depression and anxiety by self-massaging or tapping acupuncture points on your own body. Please sign up on the program sheet.

Minimum: 10 **Maximum:** 25

The Swinging Sounds of the John Brown Band

Thursday, Sept. 13

12:45 p.m.

Five band members and a vocalist will play danceable songs from the big band era and Broadway musicals.

“Crooners”

By Woody Seybert

Monday, Oct. 1 at 11 a.m.

In the big band years many of the bands had vocalists - a female (the band canary) and a male (the crooner). This program starts with one of the earliest crooners, Rudy Vallee, and highlights Bing Crosby, Frank Sinatra, Dick Haymes, Perry Como, Ray Eberly, Bob Eberle and a few of the lesser known.

SUPPORT SERVICES

Maryland Senior Legal Hotline

1-800-896-4213 ext. 7750

Monday, Tuesday, Wednesday and Friday: 9:30 a.m. - 3 p.m.

Thursday: 9:30 a.m. - 1 p.m., 6 - 8 p.m.

For residents of Maryland age 60 or older, this service allows you to talk to a lawyer about public benefits, long term care, neglect, Medicare, access to health care, exploitation, utilities, medical assistance, third-party decision making, landlord/tenant, consumer problems and more.

Caregiver's

Support Group will return in September!

Call 301-258-6380.

Social Worker Hours

A social worker will be here to assist with counseling and services. Please call 301-258-6380 for an appointment.

Senior Information and Assistance

Carol Smith is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare and Medicaid and provide help in filling out forms!

Sponsored by Dept. of Health and Human Services.

Call 301-258-6380 for an appointment.



Stroke Folks

Date: MONDAYS

Time: 11 a.m.

Members of the Stroke Folks have all survived strokes. They meet each Monday to play games, discuss the hot topics of the day and have lunch.

Senior Nutrition Program

Lunch is served at the Center at noon, Monday - Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Lunch reservations can be made in person or by calling the Center at 301-258-6380 no later than

2 p.m. the day before the reservation is needed. The full cost of the meal is \$4.50. For persons age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible.

Guests younger than 60 must pay the full cost of the meal!



Internal Light

Monday, Sept. 10 & 24

12:30 p.m.

This program is for senior adults with visual impairments. Evelyn Saile will talk about the different eye conditions that affect the elderly, the latest research to help their conditions and offer suggestions and moral support for living with declining vision.

For information call 301-881-0100 x 6748.



In Sympathy



Sympathy is extended to the family and friends of and Elaine Swetnick and Marina Majano who recently passed away.

Noticias de Mucho Interés para los Seniors de Habla Hispana

“Valoramos su felicidad. Por favor díganos como podemos animarle, honrarle sus tradiciones y aumente su salud y bienestar social.”

<u>Evento</u>	<u>Día</u>	<u>Hora</u>
Celebración de cumpleaños	24 de septiembre	12:45 p.m.
Tomarse la Presión	26 de septiembre	10:30 a.m.

CLASE DE INGLES PARA PRINCIPIANTES

Día: martes

Gratis! Hora: 11 a.m.

INGLES - Conversacion

Día: martes

Gratis! Hora: 12:30 p.m.

DISCUSION EN ESPAÑOL SOBRE UN LIBRO LLAMADO: VENCENDO LAS PREOCUPACIONES

Por los Autores: George y Helen Jesze

Día: Jueves

Hora: 12:45 – 1:45 p.m.

Dirigido por: Luz Maria Freytes
RITMO LATINO

Día: jueves **Hora:** 11 a.m.

Venga y únase al grupo Hispano para disfrutar un ritmo con sabor Latino. Habrá música de merengue, mambo, salsa, y cha, cha, cha. En ésta hora dinámica de baile usted se sentirá libre de mover el esqueleto a su manera. ¡No se lo pierda!

CAMPEONATO DE BILLAR

Día: martes 16 de octubre

Hora: 10 a.m. hasta que se declare el campeón

Costo: \$5. en cash (por favor pague ese día)

Las reglas de cómo jugar el campeonato estarán expuestas en la pared. El nombre del campeón estará en la placa colocada en la pared.

TALLER DE GEMAS

Día: viernes 12 de octubre

Hora: 2 p.m.

Costo: \$5.

Zorah Kanga enseñará como pegar las gemas para hacer lindos diseños y formas de diferentes y preciosas joyas.

Mínimo: 3 **Máximo:** 6

VIAJE AL ACUARIO DE BALTIMORE

Día: lunes 8 de octubre

Salida: 9 a.m.

Retorno: 5 p.m.

Costo: \$23 (incluye la transportación, admisión al acuario y show de delfines)

Fecha de vencimiento: jueves 4 de octubre

Durante este viaje usted podrá ver el planeta Animal de Australia, “Sapos, un coro de colores”, y el show de delfines. Si desea puede almorzar en cualquiera de las tres cafeterías del acuario. Usted pagará en efectivo por su almuerzo ese día. A las 3:30 p.m. el bus los recogerá del mismo lugar donde las dejó por la mañana.

Mínimo: 20 **Máximo:** 33

VIAJE AL INSTITUTO ESTETICO DE COMSTOLOGIA

Día: martes 11 de septiembre

Hora: 10 a.m.

Retorno: 12m.

Costo: \$4

(solamente la transportación)

Este Instituto les ofrecerá cortar y secar el cabello, y manicuras gratis.

(No se ofrece tratamientos químicos)

Mínimo: 12 **Máximo:** 33

PRESION APLICADA POR USTED MISMO

Para aliviar dolores y levantar el ánimo

Día: lunes 17 de septiembre

Hora: 11 a.m.

La acupuntarista Lisa Marie Price L.Ac., Dipl. Ac. Les enseñará formas de cómo aliviar dolores, mejorar la depresión y ansiedad haciendo los masajes usted mismo. Por favor regístrese en la hoja del programa.

Mínimo: 10 **Máximo:** 25

CELEBRANDO EL MES DE LA RAZA HISPANA

Día: martes 25 de septiembre

Hora: 12m. – 2 p.m.

Empezaremos ésta fiesta con un delicioso almuerzo de fajitas. Después del almuerzo el grupo “De Colores” nos deleitarán con danzas tradicionales folklóricas. Participe de ésta alegre fiesta. Por favor no se olvide de hacer su reservación para el almuerzo.

MUSEO NACIONAL DE MEDICINA DE LA GUERRA CIVIL

Almuerzo en La Taverna de John Hagan (Frederick, MD)

Día: jueves 20 de septiembre

Salida: 9:45 a.m.

Retorno: 6 p.m.

Costo: \$45. (incluye la transportación, almuerzo, bebidas, postre, y el ticket para ir en el tren.

Durante la mañana tendrán una excursión al museo, después almorzarán en la Taverna, y a las 3 p.m. disfrutarán de un paseo en el antiguo tren por todas esas lindas y pintorescas fincas de Maryland. Durante este paseo se les presentará un visitador histórico y misterioso.

Mínimo: 20 **Máximo:** 33

BANDA DE JOHN BROWN “EL SONIDO DEL CULUMPIO”

Día: jueves 13 de septiembre

Hora: 12:45 p.m.

Cinco miembros de la banda y un vocalista nos deleitarán músicaailable de la era de la banda y Broadway.

FERIA DE SALUD

Asbury Methodist Village

Día: viernes 14 de septiembre

Hora: 10 a.m. – 12m.

Costo: gratis

Habrà un bus que llevará a todos los miembros que estén interesados en participar en ésta feria de salud. Por favor regístrese en la hoja del programa.

**Gaithersburg
City Officials**

Mayor
Sidney A. Katz

Council Vice President
Stanley J. Alster

Council Member
Geri Edens

Council Member
Henry F. Marraffa, Jr.

Council Member
John B. Schlichting

Council Member
Michael A. Sesma

City Manager
David B. Humpton



**Gaithersburg Upcounty
Senior Center Staff**

Director
Grace Whipple

Program Supervisor
Denise Mornini

Recreation Assistant
Olympia Huff

Administrative Secretary
Yoland Bastian

Receptionist
Gloria Sichelman

Custodian
Andres Castillo

Newsletter Layout/Design
Karen Simms

Bus Driver
Sherri Schwartz

**Gaithersburg Upcounty Senior Center
80A Bureau Drive
Gaithersburg, MD 20878-1431**

SEPTEMBER 2007

(For Office Use Only)

Processed _____

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Gaithersburg Upcounty Senior Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. **Place a check mark in the box by the activities you want to attend.**

Name _____ Telephone _____

Street _____ City/St/Zip _____

Registration begins September 5, 2007 at 11 a.m.

ACTIVITY #	EVENT	DATES	FEE
22997	Intermediate Pottery	Aug. 15 – Oct. 3	\$8
23158	Beading Workshop	Oct. 12	\$5
23159	Learn to Play Mah Jongg	Sept. 7 - 28	N/A
23160	Ballroom Dance – Beginning through Intermediate	Sept. 4 – 25	\$20
22995	Belly Dance and International Movement	Sept. 7 – Oct. 26	\$20
22996	Genealogy	Sept. 10	\$8
22955	Weight Training (no class Oct. 17)	Sept. 5 – Nov. 28	\$15
22956	Flexible Strength (no class Oct. 17)	Sept. 5 – Nov. 28	\$15
22992	Stability Ball (no class Nov. 22)	Sept. 6 – Nov. 29	\$12
22994	Yoga Adapted for Seniors	Aug. 28 – Nov. 13	\$36
23156	“Self-Acupressure to Relieve Pain and Lift Your Mood”	Sept. 17	N/A
23157	“Telling Your Life Story”	Sept. 28	N/A
23153	Beauty Trip to Aesthetics Institute of Cosmetology	Sept. 11	\$4
23258	Asbury Methodist Village Health Fair	Sept. 14	N/A
22897	Kalorama House and Embassy Tour	Sept. 16	\$55
23154	Normandy Farms Afternoon Tea	Sept. 19	\$28
23148	Nat'l Museum of Civil War Medicine/Lunch John Hagan's Tavern	Sept. 20	\$45
	<input type="checkbox"/> Grilled salmon club sandwich <input type="checkbox"/> Beef tenderloin and mushroom sauté sandwich		
	<input type="checkbox"/> Roast vegetable ravioli primavera <input type="checkbox"/> Crabcake sandwich		
22918	“Puttin’ On The Ritz” at LaFontaine Bleu	Oct. 1	\$49
23155	Trip to National Aquarium in Baltimore	Oct. 8	\$23
23152	“Dreamgirls” at Toby’s Dinner Theatre	Nov. 1	\$44

Registrations will not be processed until the registration date.

Amount Paid \$ _____ Cash ☐ Check# _____

Visa/MC/Discover# _____ Exp. Date ____/____

Signature/Name on card _____



Gaithersburg

A CHARACTER COUNTS! CITY

Gaithersburg Upcounty Senior Center Activity Release for MEMBERS

I, the undersigned, hereby agree not to hold the Trip Managers, and/or individual members of the Gaithersburg Upcounty Senior Center, or the City of Gaithersburg, its employees, agents or servants, liable in any way for any loss, injury or damage of any kind to person or property. This statement applies to all scheduled activities at the Senior Center, off-site or in City Vehicles.

When participating in an activity, at the Senior Center or off-site, I agree:

- 1.) To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
- 2.) That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
- 3.) To inform staff prior to the activity or trip, if I have any problems meeting the physical requirements necessary for participation in the activity.
- 4.) I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.
- 5.) I agree to stay with the group on trips, unless "free time" is specifically stated in the description.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation to the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

☐ **Check if you need special accommodations.**

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made prior to the start of the program. Please indicate what accommodations are needed: _____

Signature

Date

Do we have your updated Emergency Contact Information?

Name : _____ **Phone:** _____